

Baked Cauliflower



Ingredients

- 75g Annum plain
- 500 ml cold water, divided
- 310g cauliflower florets, steamed
- 10g butter
- 35g white onion, chopped
- 6g garlic cloves, finely chopped
- 43g flour
- 2g salt
- 1g pepper
- 56g Parmesan cheese, grated
- 2g fresh parsley, chopped
- 1g fresh thyme, chopped

Directions

1. Dissolve Annum powder in 250 ml water. Set aside.
2. Heat up butter in a pan until melted. Add onion, & garlic. Sauté until translucent and fragrant.
3. Add flour and mix until incorporated. Stir in 250 ml cold water and let it simmer for 10 minutes, whisking it constantly.
4. After 10 minutes, add prepared milk and let it simmer for another 3-5 minutes.
5. Remove from heat and add parmesan cheese and herbs. Mix until combined.
6. Adjust taste with salt and pepper. Pour over cauliflower and place in a preheated toaster to brown top.

Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	442	19.8
Carbohydrates (g)	45	25.7
Proteins (g)	25	28.7
Fats (g)	16	-
Dietary Fiber (g)	7	-
Folate (mcg)	471	78.5
Iron (mg)	11	28.9
Zinc (mg)	7	72.2

Per Serve Per Adequacy

Calcium (mg)	951	118.9
Vitamin B12 (mcg)	1.71	0.1
